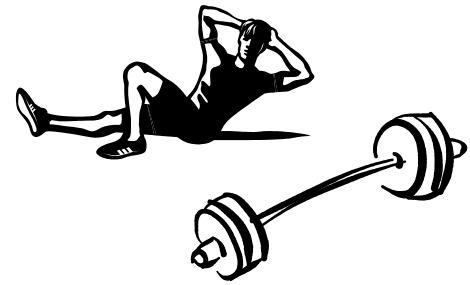




Westside Community Center

1250 Isleta Blvd. SW ABQ. NM 87105 * (505) 314-0176



2013 FITNESS SCHEDULE



7:30 AM - 8:30 PM

5:30 PM - 7:00 PM

6:00 PM - 7:00 PM

6:00 PM - 9:00 PM

7:00 PM - 8:30 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FITNESS CENTER OPEN	FITNESS CENTER OPEN	FITNESS CENTER OPEN	FITNESS CENTER OPEN	FITNESS CENTER OPEN (CLOSES AT 5:30 PM)
BOXING	BOXING	BOXING	BOXING	
	STEP AEROBICS		STEP AEROBICS	
	ALL STAR YOUTH KARATE			
SHOTOKHAN KARATE		SHOTOKHAN KARATE		

Class Descriptions

Must fill out registration form prior to participating in any of the above programs.

Step Aerobics: A heart pumping cardiovascular workout using traditional step movements, & kick boxing movements giving you a high impact 35-45 min cardio work out with a 5 min ab work out and relaxing cool down.

Boxing: Learn the fundamentals of boxing while training and sparring.

Shotokan Karate: Shotokan Karate is a form of Karate in which students learn self-defense, develop awareness of one's surrounding, increase coordination and flexibility, build self-confidence and self-esteem, as well as develop discipline and self-control. Students also learn Japanese terminology as they practice karate

Fitness Numbers

Group Fitness Classes

314-0176

Fitness Center

314-0279

FEES

\$25.00 for 20 Workouts/Group Classes-**Fitness Center or Step Aerobics** (Seniors 55 & older, City & County employees **FREE**)

Boxing- \$30/ month

All Star Youth Karate-\$40 registration & \$6/class

Shotokan Karate- \$57/month